

Frozen Black Beans

Once the fresh black beans have cooked and cooled, they can then be frozen for later use. They can be frozen in 12 ounce bags, or whichever meal sized container. They last a long time frozen. They generally need an hour, or more, to thaw out before a meal. Black beans are perfect as a single side dish to a larger meal, or part of a mixed vegetable combo, especially with corn for Mexican style meals. However, you choose to portion black beans, they are easy to use in any favorite dish.

Pre Cook Preparation:

- A. Timer set to the time to begin preparation prior to cooking
- B. Timer set for 10 minutes later. Stir every 10 minutes

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Sit on a stool while stirring

Visual Accommodations:

Potential Food Allergy or Intolerance:

- Beans
- Butter (lactose)
- Pepper
- Spices

Meatless Preparation Avoid:

- Butter
- Substitute with: _____

Utensils:

- Pot holders
- Spoon.
- Pan: 1 quart pan

Ingredients:

Meat: None

Vegetables:

- 15 ounces of black beans

Other ingredients:

- 1 tablespoon of butter
- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Place 15 ounces of black beans in 1 quart pan.
2. Add:
 - 1 tablespoon of butter
 - Dash of salt
 - Spices, such as pepper, to taste
3. Heat to almost a boil, and turn down to a simmer.
4. Stir at least every 10 minutes.

Cook Temperature: Medium to low

Cook Time: 30 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.